

HIGH-PROTEIN MEALS

Smash Burger *Tacos*

Smash burger tacos, 53 g protein.

25 min | Serves 2 | 695 kcal per serving | High-protein

8 min	17 min	25 min	Easy
PREP	COOK	TOTAL	LEVEL

YOU'LL NEED

- Rimmed baking sheet lined with parchment paper (for pressing the beef onto the tortillas)
- Flat cast-iron griddle across two burners (about 24 × 42 cm / 9.5 × 16.5 in), or a 30 cm / 12 in cast-iron skillet (one taco at a time: about 35 minutes in all)
- Sturdy wide metal spatula (and a clean one, or wash it, to serve)
- Instant-read thermometer
- Knife and cutting board
- Small bowl and spoon (sauce), small dish (salt and pepper)
- 2 plates

NUTRITION PER SERVING

ESTIMATED

695	53g	37g	36g
KCAL	PROTEIN	CARBS	FAT

Estimated: the sum of USDA FoodData Central values for each ingredient (beef weighed raw), divided by 2 servings of 2 tacos each.

Ingredients FOR 2 SERVINGS

	INGREDIENT	METRIC	IMPERIAL	NOTE
☐	Lean ground beef, 90% lean / 10% fat, raw	**340 g**	**12 oz**	¾ lb; 85 g / 3 oz per taco. Keep it in the fridge until you press it
☐	Flour tortillas, 6-inch (15 cm)	**4 (120 g)**	**4 (4.2 oz)**	about 30 g each; check the label for any other allergens the brand adds
☐	Sharp cheddar, sliced	**4 slices (84 g)**	**4 slices (3 oz)**	¾ oz / 21 g slices

	INGREDIENT	METRIC	IMPERIAL	NOTE
☐	Plain nonfat Greek yogurt	**60 g**	**2.1 oz**	about ¼ cup; for the burger sauce
☐	Ketchup	**15 ml**	**1 tbsp**	17 g; for the burger sauce
☐	Yellow mustard	**5 ml**	**1 tsp**	5 g; for the burger sauce. EU/UK: check the pickle, ketchup and mustard labels for sulphites or celery
☐	Dill pickle slices	**40 g + 5 ml brine**	**1.4 oz + 1 tsp brine**	about 6 slices; the 1 tsp of brine from the jar goes in the sauce (not counted: a few kcal at most)
☐	Iceberg lettuce, finely shredded	**40 g**	**1.4 oz**	about ½ cup
☐	White onion, finely diced	**30 g**	**1 oz**	about 3 tbsp
☐	Fine salt	**2.5 ml**	**½ tsp**	3 g; mixed with the pepper in a small dish
☐	Ground black pepper	**1.25 ml**	**¼ tsp**	about 0.6 g

Method

7 STEPS · 25 MIN

1 STEP 1 · Sauce and toppings

In a small bowl, stir the Greek yogurt, ketchup, mustard and **1 tsp** of pickle brine until smooth, and keep it in the fridge. Mix the salt and pepper in a small dish. Finely shred the lettuce, finely dice the onion, and slice the pickles if they are whole.



Small bowl, small dish, knife and cutting board · 6 min

2 STEP 2 · Heat the griddle

Set a dry cast-iron griddle (or a **30 cm** / 12 in cast-iron skillet) over **medium-high heat** for **4–5 minutes** while you press the beef, until a drop of water sizzles away at once. No oil needed.



Medium-high · Cast-iron griddle · 4–5 min

3 STEP 3 · Press the beef

Lay the 4 tortillas on a parchment-lined tray. Press **85 g (3 oz)** of beef onto each one in a thin, even layer, right to the edges. Wash your hands with soap and warm water for **20 seconds**.



Parchment-lined baking sheet · 3 min

4 STEP 4 · Season the top

Sprinkle the salt-and-pepper mix evenly over all 4.

Small dish · 30 s



5 STEP 5 · Sear beef side down

Lay 2 tacos on the hot griddle, beef side DOWN, and press them flat with the spatula. Cook about **3 minutes**, until the beef is deep brown and crisp with lacy edges. Wash your hands again after handling them.

Medium-high · Cast-iron griddle, metal spatula · 3 min



6 STEP 6 · Flip and melt the cheese

Flip, so the tortilla is down and the crisp beef up. Lay a slice of cheddar on each and cook **1 minute** more, until the cheese melts and the tortilla is golden and crisp. The beef must reach **71 °C** / **160 °F**: it is thin, so push an instant-read thermometer in sideways; colour alone is not a reliable sign. If it reads lower, keep cooking **30–60 seconds** and check again; wipe the probe clean between checks. Repeat with the other 2.

Medium-high · Cast-iron griddle, metal spatula, instant-read thermometer · 1–2 min



7 STEP 7 · Top and fold

With a clean spatula, slide each taco onto a plate, tortilla side down. Drizzle on the sauce, add the lettuce, pickles and onion, fold the taco in half and eat straight away (2 tacos per serving).

Clean spatula, 2 plates · 2 min



Good to know

FOOD SAFETY

- Ground beef: cook to **71 °C** / **160 °F** (FDA; USDA FSIS, as cited by University of Arizona Cooperative Extension). The beef is thin, so check with an instant-read thermometer pushed in sideways: colour alone is not a reliable sign of doneness. If it reads lower, keep cooking **30–60 seconds** and check again.
- Raw beef: press it onto the tortillas on the parchment-lined tray, away from the toppings, then wash your hands with soap and warm water for **20 seconds** (FDA) before you touch the seasoning or anything else, and again after laying the tacos in the pan. The spatula touched raw beef: use a clean one (or wash it) to lift the cooked tacos onto clean plates.
- Refrigerate leftovers within **2 hours (1 hour above 32 °C / 90 °F)**, fridge at **4 °C** / **40 °F** or below (FDA); reheat to **74 °C** / **165 °F**.

ALLERGENS

Contains: Milk, Wheat, Mustard.

Check the labels of what you buy: brands differ.

STORAGE

Best eaten straight away (the tortillas soften). Refrigerate leftovers within 2 hours (1 hour above 32 °C / 90 °F), without the lettuce, in a closed container at 4 °C / 40 °F or below; eat within 3 days (the cautious end of the usual 3-4 day guidance; see FoodSafety.gov's cold food storage chart), reheated in a dry skillet until hot all the way through (74 °C / 165 °F), then add the cold toppings.

TIPS

- Press the beef right to the edge of the tortilla and keep it thin and even: the thin edges are what turn lacy and crisp.
- Keep the griddle dry and really hot: the beef only crisps on hot, dry iron. If it sticks, give it 30 seconds more; it releases once the crust has formed.
- Only have a skillet? Cook one taco at a time (about 35 minutes in all) and keep the cooked ones on a plate in a 93 °C / 200 °F oven.



ENJOY

Save this for your next high-protein dinner

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Nutrition values are estimates from standard reference data, not lab measurements.